

# LYNN COUNCIL ON AGING SENIOR CENTER



## March 2016

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

The "So Lucky Club"... that should be the new name for the senior center! It's March. Corned Beef Dinner and we're so lucky to be together. Thank your lucky stars; you don't have to claim to be Irish to join us in the shenanigans. We are lucky to have Saugus Care and Rehabilitation supporting us this year for St. Patrick's Day. Not only are they providing the festive entertainment of *Bill Foley*, they're also bringing us some homemade Irish Soda Bread! Much appreciation for Saugus Care! We're getting so close to spring. Not sure how the groundhog didn't see his shadow; but that works out just great for us! 60 cases of sunflower seeds and 20 cases of bubble gum and all the Red Sox equipment will be heading down to Ft. Myers escorted by Al. Not the Al you and I know, unless you know Al Hartz of Milford! This will be his 18<sup>th</sup> consecutive year driving the truck to Florida. I'm going to suggest he stop at Wal Mart on the way.... I saw shirts and socks on the list. I didn't see shorts! Those pants are too hot in Florida!

*May your trouble be less and your blessings be more and nothing but happiness come through your door.*

### From Your Mayor

As we transition from winter to spring, I hope many of you can get back outside and enjoy the warmer weather and all the cultural activities the city has to offer.

On March 5, the world-famous dog trainer Cesar Millan will return to the Lynn Auditorium. Meat Loaf will perform on March 23, followed by the musical "Dancing in the Streets"—featuring Motown's greatest hits—on March 31. We're also looking forward to seven more shows in April, making it one of our busiest spring lineups yet. For tickets or more information, please visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call the box office at 781-581-2971.


Also this month, Arts After Hours will be putting on "ART," a sharply written comedy by renowned playwright Yasmina Reza. The play has won major awards in Paris, London and New York and we are excited to see Director Fran Weinberg's production of it. The show will run March 4-19 at the LynnArts Black Box at 25 Exchange St. For more information, call 781-205-4010.

As we celebrate St. Patrick's Day, there will be several opportunities to join in the festivities throughout the city. I hope to see many of you at LHAND's annual St. Patrick's Day Luncheon or at the Ancient Order of Hibernians' annual dinner. Some of you may also want to come out and support the runners participating in the Hibernian 5K St. Patrick's Day Recovery Run on Sunday, March 20.

Be well and happy spring,

Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Activities Assistant ext. 625  
Pam Brito  
Program Coordinator ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

Albert DiVirgilio  
Arthur Akers  
Edmund Brown  
Frank LaMacchia  
Lester McCLain  
Charles Mitchell  
Frances Taggart  
Pearl Brown  
Marlene Vasi Eddy  
Minette Lall

President  
Clerk

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

Joan B. Noble  
Marie Pelligrini  
Deb Small  
George Harvey  
Roberta Abrams

President  
Vice President  
Treasurer  
Recording Secretary  
Membership Secretary

Next FRIENDS  
Meeting,  
Mar. 31st 10am

## FRIENDS MEETINGS

**MARCH 31<sup>st</sup>**

**APRIL 28<sup>th</sup>**

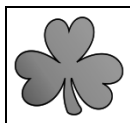
**May 26<sup>th</sup>**

**10 am - First Floor Board Room**

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

## MARCH HAPPENINGS

Tues, March 1st	Birthday Party Karaoke!	11:30 am – 1:00 pm
Thurs, March 3rd	Veterans Coffee Hour with Tom Moran	1:00 pm – 2:00 pm
	Resource Library	
Mon, March 7th	Field Trip: MBTA Sr ID – \$2	9:30 am – 2:30 pm
	Downtown Boston Lunch @Wendy's	
Tues, March 8	Blood Sugar <u>AND</u> Blood Pressure Clinic	8 am – 9:30 am
	Lg Activity Room	
Weds, March 9th	Free computer training	2pm -3pm
	with NSCC students in the computer room	
Thurs, March 10th	<u>Ice Cream Social!</u> \$.25	1pm
	Friends of LCOA	
Mon, March 14th	Lunch trip: Prince Pizzeria \$2	11am – 2pm
Weds, March 16th	Mass Senior Action Meeting	10 am
	Wall Plaza	
Thurs, March 17th	Podiatry Appointments	10 am – 12 pm



**MARCH 17<sup>th</sup> Corned Beef & Cabbage Dinner \$2**  
**10:45 am – 12:30 pm**  
**Irish soda bread live entertainment "Bill Foley"**  
**brought to you by SAUGUS CARE**



Fri, March 18th	BROWN BAG Program	10 am – 12pm
	Sponsored by the BOSTON FOOD BANK	
Tues, March 22 <sup>nd</sup>	Plainridge Casino Trip \$10	8:30 am – 5:30pm
	(Pre-paid reservation required)	
Weds, March 23 <sup>rd</sup>	Lynn Council on Aging Board of Directors Meeting	11:30 am
Mon, March 28 <sup>th</sup>	Bingo Bonanza \$11 - 12 games	
	6 cards -paper sheets only one package per person	
	Big prizes! 1 pm start time 12 noon card sales until 12:50	
Weds, March 30th	Lunch Trip: Kelly's Roast Beef , Saugus	10:30 am - 1:00 pm
Thurs, March 31 <sup>st</sup>	Friends of the Lynn Council on Aging meeting	10 am

Trips and activities may be cancelled depending on weather.

Tune into Lynn Cam TV public access for storm closing updates or WCVB online only.

You may also check on [WWW.Facebook.com/LynnSeniorCenter](http://WWW.Facebook.com/LynnSeniorCenter)

We will do our best as always to be timely in our updates.

Please pay close attention; our announcements are specific only to the Lynn Senior Center, not GLSS, GLSS Meals on Wheels or the RIDE.

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# MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK & BREAD.	<sup>1</sup> Roast turkey/gravy(368) Mashed potato(198) Soup (50) Calories-850 Sodium-910 ALTERNATIVE Creole fish(174),Soup(50) Calories-650 Sodium- 697	<sup>2</sup> Tortellini/meat sauce(400) California Blend veg(23) Calories-616 Sodium-641 ALTERNATIVE Chicken with rice(128) Calories-600 Sodium-369	<sup>3</sup> Lemon pepper pork(255) Rice/beans(60) Soup(50) Calories-759 Sodium-935 ALTERNATIVE Caribbean beef(490),soup Calories-880 Sodium-1100	<sup>4</sup> Homestyle fish(184) Red potatoes(9) Calories-753 Sodium-547 ALTERNATIVE Cheese pizza(790)* Calories-775 Sodium-1166
<sup>7</sup> BBQ pulled pork(407) Sweet potato wedges(160) Calories-823 Sodium-1135 ALTERNATIVE Jerk chicken(349) Calories-734 Sodium-1076	<sup>8</sup> Beef bourguignon(76) Rice(6) Soup(50) Calories-868 Sodium-611 ALTERNATIVE Latin pork/gravy (64),rice,soup Calories-776 Sodium-500	<sup>9</sup> Roast turkey/sauce(528)* Mashed potato(198) Calories-710 Sodium-1189 ALTERNATIVE Brazilian salmon(260) Calories-766 Sodium-739	<sup>10</sup> Chicken picatta(558)* Pasta(2) Soup(50) Calories-680 Sodium-962 ALTERNATIVE WG Baked pasta(398),soup Calories-618 Sodium-582	<sup>11</sup> Cod/crumb topping(120) Rice and beans(48) Calories-755 Sodium-639 ALTERNATIVE Cheese ravioli(598)* Calories-680 Sodium-939
<sup>14</sup> Chicken/ Broccoli Alfredo/pasta(292) Calories-747 Sodium-662 ALTERNATIVE Eggplant parmesan(709)* Calories-636 Sodium-1088	<sup>15</sup> Turkey milanese(499) Sweet potato(55) Soup (50) Calories-707 Sodium-925 ALTERNATIVE Beef with rice(496),soup Calories-780 Sodium-870	<sup>16</sup> American chop suey(185) Mixed vegetables(40) Calories-723 Sodium-628 ALTERNATIVE Egg salad/roll(439) Calories-754 Sodium-842	<sup>17</sup> <u>ST. PATRICK'S DAY</u> <u>SPECIAL</u> Corned beef/cabbage Boiled potatoes Turnips and carrots Roll Shamrock Cookie Calories-675 Sodium- 1382**	<sup>18</sup> Fish sandwich/roll(423) Potato wedges(14) Calories-846 Sodium-729 ALTERNATIVE Stuffed rigatoni(631) Calories-631 Sodium-859
<sup>21</sup> Boneless pork chops(55) Sweet potatoes(55) Calories-761 Sodium-524 ALTERNATIVE Veggie burger/bun(450) Calories-633 Sodium-896	<sup>22</sup> Chicken teriyaki(252) Brown rice(7) Stir fry veg. (27) Calories-705 Sodium-607 ALTERNATIVE Cajun fish(305),soup(50) Calories-790 Sodium-700	<sup>23</sup> Cheese lasagna/sauce(411) Green peas(3) Calories-544 Sodium-764 ALTERNATIVE Chicharon frito(95),potato(9) Calories-885 Sodium-452	<sup>24</sup> Meatloaf/gravy(278) Mashed potato(198) Soup- 50 Calories-629 Sodium-957 ALTERNATIVE Turkey creole(571)*,soup (50) Calories-600 Sodium-1140	<sup>25</sup> Salmon/dill sauce(260) Rice & chick peas(54) Calories-320 Sodium-611 ALTERNATIVE Cheese pizza(790)* Calories-680 Sodium-990
<sup>28</sup> BBQ chicken(370) Candied yams(26) Calories-730 Sodium-940 ALTERNATIVE Egg/ cheese sandwich(570)* Calories-725 Sodium-909	<sup>29</sup> Latin pork/gravy(64) Plantains(16) Soup(50) Calories-803 Sodium-477 ALTERNATIVE Tomato chili chicken (377),soup Calories-803 Sodium-477	<sup>30</sup> Baked white fish(94) Brown rice(7) Broccoli(22) Calories-669 Sodium-818 ALTERNATIVE Curried beef(49),rice & beans (48) Calories-852 Sodium-685	<sup>31</sup> Shepherd's pie(170) Soup(50) Calories-665 Sodium-432 ALTERNATIVE Boneless pork chops (55),soup Calories-665 Sodium-432	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (MORE THAN 500mg) PER SERVING.

# SENIOR CENTER ACTIVITIES • MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

## OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
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ADAPTIVE UNITS

## CASINO TRIPS

### Departs from Lynn Senior Center

#### **Foxwoods \$28**

6:30 am - 6:30 pm

Tuesdays: April 19<sup>th</sup>, May 17<sup>th</sup>  
June 21<sup>st</sup>, July 19<sup>th</sup>  
Aug 16<sup>th</sup>, Sept 20<sup>th</sup>  
Oct 18<sup>th</sup>, Nov 15<sup>th</sup>

#### **Sign up early!!**

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package: \$10 food coupon for retail food vendors or free buffet

Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.

Remember to bring your rewards card!

**\*\*PLEASE NOTE EARLIER DEPARTURE TIME IS AN ATTEMPT TO BEAT BOSTON TRAFFIC\*\***

**Tanger Outlets at Foxwoods  
Now Open!!**

#### **Plainridge \$10**

8:30 am - 5:30 pm

Tuesday: March 22<sup>nd</sup>

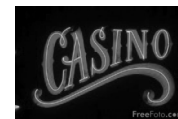
\$10 Free slot play and if you're a new rewards member, you receive a U-Spin for a chance to win \$5 - \$500.

*Limited seating*

*Pre-paid reservation required.*

*Buses leaves Lynn Senior Center promptly at 8:30 am and leaves casino promptly at 4pm.*

*Book your rides home for 5:30 pm.*



## MOVIES...every Wednesday @ 1:00 p.m.

### **Free Popcorn and Soda Wide Screen Plasma Home Theatre System**

March 2	A Walk to Remember	2002	PG	102 min
March 9	Inside Out	2015	PG	94 min
March 16	The Italian Job	1969	G	99 min
March 23	Mr. Holmes	2015	PG	103 min
March 30	Far From the Madding Crowd	2015	PG-13	119 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



## Announcing... The Kiosk Chronicles

A new series featuring The Kiosk for Living Well and related programming. It is scheduled to begin airing on the new Lynn Community Television station in the coming weeks: Channels 3 and 22 (Comcast) and Channels 37 and 38 (Verizon).

## Like us on Facebook!

[WWW.FACEBOOK.Com/LYNNSENIORCENTER](http://WWW.FACEBOOK.Com/LYNNSENIORCENTER)

Tired of waiting for the mail?

Monthly newsletters are posted online at [www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

Click City Departments

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Click month you want to view



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## NEW!

## Benefit Help

**Safelink/Assurance Cell phone Assistance Office Hours**

**Mondays 12:30 pm – 1:30 pm**

**Resource Library**

**Food Stamp/SNAP Assistance OFFICE Hours**

**Tuesdays 12:30 pm – 2:30 pm**

**Resource Library**

## Opening for a VOLUNTEER DRIVER

Love to Drive? Enjoy socializing? Looking to get out more?

We're looking for a volunteer driver to drive our seniors on field trips or lunch trips.

Most trips are morning to mid afternoon. A few times a year we do special night trips.

We provide easy safety training. You must have a clean CORI and decent driving record.

What do you get besides time with us? Lunch!

If interested, or have any questions, please call Pam at 781-586-8618.

Place Your Ad



## Wellness Watch March 2016

### Join our Free Workshop! Healthy Eating For Successful Living in Older Adults

#### *In this workshop, you will...*

- ✓ Learn to make healthier food choices
- ✓ Receive tips for improving portion control and label reading
- ✓ Plan meals to better control fats, sugars, carbohydrates and sodium
- ✓ Explore ways to add physical activity to your day
- ✓ Enjoy a healthy, delicious meal together
- ✓ Discover that making small changes can lead to BIG results!

Washington Street  
Baptist Church  
256 Washington St, Lynn  
Tuesdays  
March 15-April 19  
10:00am-12:30pm  
FOR MORE INFORMATION  
OR TO REGISTER, CONTACT:  
Kelsey Spotts  
781-586-8530

Sponsored by:



## The Kiosk for Living Well

Throughout the Lynn area lots of people will be “thinking green” in March. We encourage you to come by the Kiosk for Living Well this month to hear some Irish tunes, learn a little about the culture, or take a Google Earth trip to some of the country’s greatest landmarks!

If you’d simply like to meet with **The Million Hearts Nurses** or our **Community Health Workers**, they’ll be at the Kiosk on **Tuesday March 8<sup>th</sup>** and **Thursday March 24<sup>th</sup>** from **9:30-11:30**. Bring any questions you have about diet or hypertension to the experts!

Sylvia, our **Balance and Falls Prevention Specialist** will be at the Kiosk during the first week of the month, on **Thursday March 3<sup>rd</sup>** from **9:00-11:30**. She can talk with you about the potential threats to falling that exist inside many peoples home.

*The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.*

*Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to*



# MARCH

S A V I N G S H S I F M  
 K S H A M R O C K A A R  
 C R T C G H C R O N M E  
 I A S N I R E A I N S L  
 R I I K I H E M E P A T  
 T N L I T A A E R O H K  
 A N U A A L S I N G C B  
 P N E S S D N D I O S I  
 G W O E T G N L L S S R  
 H S I R I I Y C O U A D  
 T L I K W A M E A L R S  
 C L O U D S A E M B G C

Animals

Birds

Clock

Clouds

Daylight

Fish

Grass

Green

Irish

March



Patrick

Rain

Saint

Savings

Shamrock

Spring

Sun

Time

Weather

Wind



## COMPUTER CLASS NOTICE

The Lynn Senior Center welcomes our new computer class instructor, Livan Adames. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. **Either sign up in person at the center or mail your check to:**



**LCOA, 8 Silsbee Street, Lynn, MA 01901.**  
 Expect a phone call confirming your registration.  
**Questions?? Call Mayra 781-586-8546**  
 -Slow paced learning geared to seniors  
 - Learn at your own pace  
 -Individualized attention to your level  
 -Offered in English and Spanish



### Introduction to Computers & Windows 7

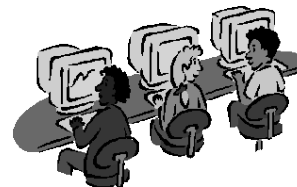
**11:00 a.m. – 12:00 p.m.**

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

#### Next Sessions:

**March 2nd, 9th, 16th, 23rd & 30th**

**April 6th, 13th, 20th, 27th & May 4th**



## Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

<b>Extra Help</b>	<b>Monthly In-come</b>	<b>Asset Limit</b>
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information: **1-800-772-1213** or apply online at **[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)**.

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~ Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karoumpalis

Thank you for your donation  
~ Anonymous

Thank you for your donation  
with GE Matching Funds  
~ Dave and Irene Lee



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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Person's Name: \_\_\_\_\_

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### HEARING CLINIC **March 1st**

10:00 am - 11:00 am



### VETERANS COFFEE HOUR

**March 3rd**

1:00 pm - 2:00 pm



### BLOOD SUGAR & BLOOD PRESSURE

**March 8th**

8:00 am - 9:30 am \*note time change\*

Nurse available for any health questions.



### PODIATRIST

**March 17th**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card



### MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

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